



## The 2019 Annual **HOPE** Conference:

(Having Opportunities for Personal Empowerment)

A Statewide Recovery/Wellness Conference for Persons in Recovery from Addiction and Mental Health Conditions and Service Providers  
Augusta Civic Center, Maine – **May 29, 2019**

### **CALL For PRESENTATIONS**

This year's theme is: ***Stronger Together: Embracing Relationships, Well-Being and Community***

#### TRACKS

- 1) Embracing Relationships
- 2) Personal Well-Being
- 3) Community

The HOPE Conference Committee in conjunction with DHHS Office of Substance Abuse and Mental Health Services (SAMHS) is looking for individuals in recovery from addiction and mental health conditions to present workshops at the annual HOPE (Having Opportunities for Personal Empowerment) Conference.

**Any peer or consumer is qualified to submit a proposal for a workshop at the conference. A peer may have a non-peer co-presenter.** For our purposes, a peer is defined as a person who has received or is receiving mental health or addiction services and/or used peer support or holistic resources to support their recovery.

- The 75-minute timeframe presentation will include introductions, presentation material, question and answer session, and attendee evaluation of presentation.
- Attendees should leave with specific knowledge and skills about various aspects of the topic and how it relates to recovery and wellness.
- Presentations that introduce attendees to a specific service, practice, or strategy require the presenter to share with attendees evidence of effectiveness. This can include preliminary outcomes and evaluation findings.
- Presentations should provide attendees with educational value and refrain from promoting or selling a specific business or product.

**Workshop proposals should reflect the conference theme.**

#### **To submit a proposal, please provide;**

- Your name and contact info with a brief bio sketch.
- The title of your presentation and which track or tracks it pertains to with 2-3 learning objectives of presentation.
  - Brief description of presentation (limit 2 pages)
  - Why you would like to do a workshop at this conference.

**Proposals must be received by February 1<sup>st</sup>, 2019**

Please mail these to: CCSM, 219 Capital Street, Suite #7, Augusta, ME 04330  
Or e-mail them to: Simonne Maline: [smaline@maineccsm.org](mailto:smaline@maineccsm.org)

## How Would You Prepare a Presentation? EASY!

### Tips for new presenters:

First, you would think about things that have supported or encouraged your recovery, keeping in mind the Tracks. Then you would think about how to share that experience with others.

### For Example: Well-being

Think of something which has supported your journey in recovery and wellness. You could present your story about wellness and transformation and provide a resource list for connecting to wellness activities, examples could be nature, yoga, support groups or anything that has supported your overall wellness. Activities that you participate in may also relate to community and building relationships.

### For Example: Getting Connected to a Community of Choice

Perhaps in the midst of recovery someone decided that they could participate in a once monthly knitting group at their local community center. As a workshop for the conference, the “knitter” may give history and background on their own process of recovery, and explain steps they took to participate in a small knitter’s circle. The end of the workshop would be a good time for participants to discuss other ways to reach out to join community groups, and ways to connect to others and form new friendships. This could fit under emotional dimension as it pertains to your recovery, the social track and occupational track.

**This conference event is designed for individuals in recovery, service providers, family members and community members to attend.** The goals of the conference are for participants to gain a greater understanding of what recovery/wellness is from many paths and different perspectives on the journey of life. This conference will be a chance to learn from each other, network, and gain greater understanding about recovery and wellness.

### You can use this checklist to make sure that your workshop meets the conference goals:

- 1 Does my workshop offer an opportunity for others to grow and learn?
- 2 Does my workshop introduce knowledge that others can apply in their own journey?
- 3 Does my workshop provide resources for others?
- 4 Does my workshop format accommodate different learning styles (visual, listening, interactive)?
- 5 Does my workshop include my experience of recovery in relation to the topic I’m presenting?
- 6 Does my workshop fit the theme and one of the Wellness Tracks?



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